

Cardiovascular Disease Mortality and Risk Factors

in the Lincoln-Lancaster County Health Department



Lincoln-Lancaster County Health Department

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Age-adjusted mortality rates due to total cardiovascular disease and heart disease in Lancaster County are significantly lower than statewide rates for Nebraska, and rank lowest and second lowest respectively out of the 18 local public health departments presented in this report.

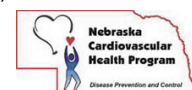
Among adults in Lancaster county, females are more likely than males to have had a cholesterol screening in the past five years and to consume five or more servings of fruits and vegetables daily, while being less likely to have diagnosed high blood cholesterol (among those that have ever had it checked), to be obese, and to smoke cigarettes. In contrast, males are more likely than females to engage in leisure time physical activity. Compared to the state as a whole, a lower percentage of adults in Lancaster County have diagnosed diabetes and diagnosed high blood pressure, while a higher percentage engage in leisure time physical activity. In particular, adults in Lancaster County have the lowest percentage (out of 18) for diagnosed high blood pressure (18.8%), which is significantly lower than the 22.5% for all Nebraska adults.

Regionally specific supplement to:

Cardiovascular Disease Mortality and Risk Factors by Nebraska's Local Public Health Department Regions. Lincoln, NE: Nebraska Health and Human Services System, Department of Health and Human Services, Offices of Disease Prevention and Health Promotion; 2005

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Full copy available for download at: <http://www.hhs.state.ne.us/cvh>

Lincoln-Lancaster County Health Department

Demographic Composition

Counties	Average age	Education	Race / Ethnicity		
Lancaster	34.3 years	H.S Grad / GED or higher	90.5%	Number	Percentage
Total population	Median income	Baccalaureate / Graduate degree	32.6%	White, non-Hispanic	222,067 88.7%
250,291	\$41,850			Minority	28,224 11.3%

Source: 2000 Census

Mortality and Risk Factors

Mortality Due to Cardiovascular Disease Among Residents in Lincoln-Lancaster County Health Department by Gender, 1999-2003

Cause of Death %	Total			Male			Female			Relative Risk (M:F) ^d
	N ^a	AAR ^b	me ^c	N ^a	AAR ^b	me ^c	N ^a	AAR ^b	me ^c	
Total Cardiovascular Disease	2,864	259.3 --	9.5	1,255	304.8 --	16.9	1,609	225.6	11.0	1.35 +
Heart Disease	2,016	182.6 --	8.0	934	224.6 --	14.4	1,082	151.3	9.0	1.48 +
Sudden Cardiac Death	1,132	101.6	5.9	504	121.8	10.6	628	85.1	6.7	1.43 +
Stroke	555	50.3	4.2	197	48.9	6.8	358	50.5	5.2	0.97

Source: Nebraska Vital Records

-- The age-adjusted rate is significantly lower (p < 0.05) than all other Nebraska Health Departments

+ The age-adjusted rate for males is significantly higher than the rate for females (p < 0.05)

Risk Factors for Cardiovascular Disease Among Adults in Lincoln-Lancaster County Health Department by Gender, 1995-2003

CVD Risk Factors	Total			Male			Female			Relative Risk (M:F) ^d
	n ^e	W% ^f	me ^c	n ^e	W% ^f	me ^c	n ^e	W% ^f	me ^c	
¹ Current Cholesterol Screening	2,297	64.8	2.5	959	61.6	3.8	1,338	68.1	3.3	0.90 -
² Diagnosed Diabetes	4,257	4.3 --	0.7	1,754	4.8	1.1	2,503	3.8 --	0.8	1.28
³ 5-a-day Consumption	2,634	21.0	2.7	1,080	17.7	4.8	1,554	24.5	2.5	0.72 -
⁴ Diagnosed High Blood Cholesterol	1,730	28.8	2.8	681	31.2	4.7	1,049	26.7	3.1	1.17 +
⁵ Diagnosed High Blood Pressure	2,359	18.8 --	1.8	981	19.5	2.8	1,378	18.1 --	2.2	1.08
⁶ No Health Care Coverage, 18-64	3,431	11.3	1.4	1,456	12.3	2.1	1,975	10.2	1.7	1.20
⁷ Obese	4,023	18.4	1.4	1,708	20.0	2.3	2,315	16.6	1.7	1.21 +
⁸ No Leisure Time Physical Activity	3,661	23.7 --	1.7	1,512	21.7 --	2.6	2,149	25.8	2.3	0.84 -
⁹ Current Cigarette Smoking	4,254	23.0	1.9	1,751	25.9	3.3	2,503	20.2	1.9	1.28 +

Source: Nebraska Behavioral Risk Factor Surveillance System

** The percentage is significantly higher (p < 0.05) than all other Nebraska HDs

-- The percentage is significantly lower (p < 0.05) than all other Nebraska HDs

+ The lower bound of the 95% confidence interval for the risk ratio is greater than 1.0

- The upper bound of the 95% confidence interval for the risk ratio is less than 1.0

% Specific ICD-10 Cause of Death Codes may be found in the Methodology Section of this Report

^a Documented number of deaths from each cause between 1999 and 2003

^b Average annual age-adjusted rate per 100,000 population (2000 U.S. standard population)

^c Margin of error (me) at 95% confidence, interpreted as plus/minus the relevant age-adjusted rate or weighted percentage

^d Relative Risk is the male to female rate ratio (for mortality) and percentage ratio (for risk factors)

^e Non-weighted sample size for each risk factor

^f Percentage weighted by gender and age to reflect Nebraska's population (using CDC's BRFSS weighting methodology)

¹ Percentage of adults reporting that they had their cholesterol checked within the 5 years preceding the survey

² Percentage of adults reporting that they have ever been told by a doctor, nurse, or health professional that they have diabetes (excluding gestational diabetes)

³ Percentage of adults reporting that they consume 5 or more daily servings of fruits and vegetables

⁴ Percentage of adults reporting that they have ever been told by a doctor, nurse, or health professional that their blood cholesterol is high, among those that have ever had it checked

⁵ Percentage of adults reporting that they have ever been told by a doctor, nurse, or other health professional that their blood pressure is high

⁶ Percentage of adults, 18-64, reporting that they do not have any kind of health care coverage, including health insurance, prepaid plans such as HMO, or governmental plans

⁷ Percentage of adults body mass index value of 30 or greater (based on self-reported height and weight)

⁸ Percentage of adults reporting that, other than their regular job, they did not participate in any physical activities or exercises during the 30 days preceding the survey

⁹ Percentage of adults that have smoked at least 100 cigarettes during their lifetime and currently smoke cigarettes every day or on some days